


John Knowles
His Book 20th 3rd mo 1738

John Know

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Every Man his own Doctor:

John OR, THE *Knowledge*
Book the 20 of June 1738
POOR PLANTER'S PHYSICIAN.

Prescribing,

Plain and Easy Means for Persons to cure
themselves of all, or most of the Distem-
pers, incident to this Climate, and with
very little Charge, the Medicines being
chiefly of the Growth and Production of
this Country.

----- But many Shapes
Of DEATH, and many are the Ways that lead
To his grim Cave, all dismal, yet to Sense
More terrible at th' Entrance than within.
Some as thou saw'st, by violent Stroke shall dye,
By Fire, Flood, Famine, by *Intemperance* more
In Meats and Drinks, which on the Earth shall bring,
Diseases dire.

Paradise lost, Book XI.

The Fourth EDITION.

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John Knowl's his Book
Every Man his own Doctor :
20 of 3^{mo}. 1738
 OR, THE

POOR PLANTER'S PHYSICIAN.



T H E most acceptable Service
 we can render to G O D, is
 B E N E F I C E N C E to *Man*.
 There are Three Ways of be-
 nefitting our fellow Creatures.

We may be useful to their Souls, by good Instruction, and good Example. We may be helpful to their Bodies, by feeding the Hungry, cloathing the Naked, and prescribing easy Remedies to the Sick : We can aid them in their Fortunes, by encouraging of Industry, by relieving the Distrest, and doing all the kind Offices we are able, to our Neighbours. These are the several Ways of improving the Talents

our Maker has entrusted us with; and we must every one expect, hereafter to give an Account, how we have employ'd them.

I WISH it were in my Power to serve Mankind, more than I do, in each of these Particulars; but the gracious Acceptance of the Widow's Offering, encourages me also to cast my MITE into the Treasury. I publish this short Treatise, to lead the Poorer Sort into the *pleasant Paths of Health*; and when they have the Misfortune to be *sick*, to shew them the cheapest and easiest Ways of *getting well* again.

O U R Country is unhappily subject to several very sharp Distempers. The Multitude of Marshes, Swamps, and great Waters send forth so many Fogs, and Exhalations, that the Air is continually damp with them: This, in Spite of our Precautions, is apt to shut up the Pores all at once, and hinder insensible Perspiration. From hence proceeds FEVERS, COUGHS, QUINSYS, PLEURISYS, and CONSUMPTIONS, with a dismal Train of other Diseases, which make as fatal Havock here, in Proportion to our Number, as the PLAGUE does in the *Eastern* Parts of the World.

I N the mean time, this is a cruel Check to the Growth of an Infant Colony, which otherwise, by the Fruitfulness of our Women,

men,

men, and the great Number of Recruits, sent from our Mother Country, would, in a few Years, grow populous, and consequently considerable.

IT is impossible to see these Calamities return every Year without the tenderest Commiseration. Certainly nothing can be more melancholly, than to have so many poor People perish, purely for want of using timely Means for their Preservation. One Mischief is, most of our Inhabitants have such an unreasonable Aversion to *Physick*, (even where they may have it from their charitable Neighbours for nothing,) that they neglect to take any, 'till their Case is grown desperate, and Death begins to glare them in the Face. They consider not, that a moderate Skill may recover a Patient in the Beginning of a Distemper, while he has Strength to go thro' all the necessary Operations, when the whole *College* would not be able to save him, after his Spirits are sunk, and all the Principles of Life very near extinguished.

THIS unhappy Temper occasions a great deal of Mortality : And what makes the Misfortune the greater, is, that it falls heaviest on the Younger Sort, who are most liable to hurrying Distempers. Indeed, some would be glad of Assistance if they did not think

think the Remedy near as bad as the Disease: For our *Doctors* are commonly so exorbitant in their Fees, whether they kill or cure, that the poor Patient had rather trust to his Constitution, than run the Risque of beggaring his Family.

THESE Considerations made me account it a Work of great Charity and Publick Spirit, to communicate to the poor Inhabitants of this Colony, a safe Method of curing themselves, when they shall be so unhappy as to fall into any of our common Maladies. And for their greater Encouragement, the Remedies I shall prescribe, may be procured with little Trouble and Expence, being for the most part, such as grow at their own Doors, or may be easily propagated.

PROVIDENCE has been so good, as to furnish almost every Country with Medicines proper for the Distempers incident to the Climate; and such Domestick Remedies are always sufficient for the Poor, who live upon homely Fare, and for the Temperate, who make a right Use of God's Blessings. Their Cases are seldom complicated, and proceed, for the most Part, from Cold, or some slight Transgression. In such Ailments, the Symptoms cannot easily be mistaken, nor is the *Cure* difficult; all the

Secret lies in taking the *Disſemper in Time*: And this will be the more neceſſary, becauſe moſt Diſeaſes that happen from Cold, are exceedingly violent, and call aloud for ſpeedy Aſſiſtance.

I M U S T therefore conjure my dear Countryfolks, to begin with themſelves as ſoon as they can diſtinguiſh what Sickneſs they have, while Nature is ſtrong, and able to co-operate with the Medicines they take. Nor can we hope, that Heaven will aſſiſt us in our Calamities, unleſs we endeavour, at the ſame Time, to aſſiſt ourſelves.

I N ſetting down the following Preſcriptions, I have been cautious of talking like an *Apothecary*; that is, of uſing hard Words, that perhaps neither my Patient, nor my ſelf underſtand. Nor have I taken them lightly upon 'Truſt; but am able to recommend moſt of them upon more than Twenty Years Experience; and for the reſt, I have credible Authority. In the mean Time, I hope none will object, like *Naa-man the Syrian*, to the Eaſineſs of any of theſe Remedies; but rather rejoice, that they can have the greateſt of all Bleſſings ſo very cheap. And in truth, People muſt love Difficulty extreamly, to ſlight Health, as they would a Miſtreſs, for being gain'd with little Trouble.

B E F O R E I mention the *Cure*, I shall endeavour to describe the *Symptoms* of each Distemper, in so plain a Manner, that any Person may be Master of his own Case, if he will but attend carefully to what he feels; otherwise he might mistake his Illness, and apply an improper Remedy. I shall also recommend the *Diet* fittest to be used in each Case; which often contributes more to the Patient's Recovery, than his *Physick*: At the same time, he shall have my best Advice, to prevent every particular Ailment; which will be happier for him, than to know how to cure it.

P L E U R I S Y.

I SHALL begin with the most fatal of all our Distempers, a **P L E U R I S Y**; which discovers it self by a brisk Fever, and sharp Pain, pretty low in one of the Sides, shooting now and then into the Breast, and sometimes quite back into the Shoulder-Blades; It is uneasy every Time the Patient draws his Breath, and more so when he coughs; which is generally the Case in this Disease.

T H E Moment any Person finds these Tokens upon him, he must, without Loss of Time, take away 10 Ounces of *Blood*, and repeat the same three or four Days successively, if the Pain go not away before. On the third Day, he may vomit with 50 Grains
of

of *Indian Physick* (*Ipecacuania*,) and every Night, drink 7 Spoonfuls of *Pennyroyal Water*, or the Decoction of it, moderately sweeten'd. In the mean Time, let him, every three Hours, take half a Spoonful of *Honey* and *Linseed Oyl*, mixt together. He should also strew *Indian Pepper*, upon *Pennyroyal Plaister*, and apply it very hot to the Place where the Pain lies, and be sure to keep himself warm, and abstain from cold Water: Tho' if the Distemper should prove obstinate, you must apply a *Blister* to his Neck, and one to each Arm, on the fleshy Part above the Elbow.

THE Patient's *Diet* should be light, and cooling; and his constant Drink, either *Linseed*, or *Bawm Tea*, a little sweeten'd.

The best way to prevent this Distemper, will be, to *Bleed* in the Beginning of any great Hoarseness, or Cough, which are often the Forerunners of it; and also to forbear swilling great Quantities of Water, or Small Beer, in ordinary Life.

FEVER, Pain in the Head, Breast, Eye, or Ear.

SOMETHING a-kin to this, is a FEVER, and PAIN IN THE HEAD, OR BREAST, or both; and now and then, an Inflammation, and Pain in the EYE, or EAR. In these Cases, you must, without

Loss of Time, *bleed* 10 Ounces. The next Day *purge* with the *Decoction of Mallows*, and 3 Spoonfuls of *Syrup of Peach-Blissoms*. If the Pain should continue, you must *bleed* again the third Day, and the Morrow following repeat the *Purge*: And if the Pain be still obstinate, you must renew both *Bleeding* and *Purging* a third Time. In the very Beginning apply the following *Poultis* to the Part where the Pain lies: Boil the Leaves of *Sage*, *Wormwood*, and *Rue* together, and having beat them soft, grate Nutmeg thick upon them, and bind them on warm, renewing the same Night and Morning: And in Case the Disease hold out against all this, your last Refuge must be a *Blister*.

YOUR Diet should be moist, and cooling, such as *Thin Hominy*, *Chicken-Broth*, or *Water-Gruel*; and your Drink, *Linseed*, or *Ground-Ivy Tea*, moderately sweeten'd.

THIS Disease will be also best prevented by *Bleeding* in any violent Cold.

QUINSEY.

A N O T H E R Distemper, consequent to a Cold, is a QUINSEY, known by a Fever, with an Inflammation of the Glands about the Throat, and of the *Uvula*, to that Degree as to render all Swallowing difficult, and painful. For this, *bleed* immediately

10 Ounces, rather in the Jugular Vein, than in the Arm : and if the Case be urgent, apply a *Plifter* to the Neck. If the Inflammation should continue, *bleed* again next Day. The Morning after, take a *Purge* of the *Decoction* of *Mallows*, with *Syrup* of *Peach-Blossoms*, repeating the same 3 several Times, resting one Day between. From the Beginning, *gargle* with Dr. *Papa's* *Liquor* hereafter describ'd ; and if the *Uvula* be much relax'd, drink Half a Pint of the same, Night and Morning, when you don't purge,

SORE THROAT.

BUT in Case it prove no more than a common SORE THROAT, *purge* only once, and *gargle* with *Papa's* *Liquor*.

IN both Cases, your *Diet* ought to be moist and cooling ; and your Drink, *Cinquefoil Tea*.

IN order to prevent these Complaints, remember to wash your Neck, and behind your Ears, every Morning, in cold Water ; nor muffle up your self too warm, either Night or Day.

CONSUMPTION.

NEXT follows a CONSUMPTION, a Distemper slow and sure, that is lately grown very common amongst us. Here Young People are more in Danger than

their Elders, because more liable to Inflammations. It is usher'd in by a Cough of long Continuance, which by Degrees inflames and ulcerates the Lungs, brings on a Hectick Fever, with a Spitting of bloody and corrupted Matter, and is generally attended with a Hoarseness, and Night Sweats. In the mean Time, the Patient will waste in Strength, and in Flesh, while perhaps he may eat rather more than he used to do when he was well.

AFTER the Ulcer comes to be formed in the Lungs, it will be difficult for inward Remedies to reach it. They may before that, perhaps, cool the Inflammation, as well as sweeten and diminish the sharp Defluxion, so as to prevent an Ulcer, but can rarely heal it. So likewise, *Blisters* and *Issues* may revulse the Humour, and prevent the Mischief, if seasonably made use of.

THEREFORE, all the Good we can hope for, in this melancholly Case, must be done while the Consumption is apprehended only, and not actually begun. I would then recommend *Bleeding* 2 or 3 Ounces every third Day, with a constant Riding about on Horseback, and Change of Air. This will help Nature to throw off the Evil that threatens her, by calming
the

the Blood, opening the Pores, and promoting insensible Perpiration, It may also enable her to make a vigorous Effort, by Means of a seasonable Boil, or Imposthume, on the outward Parts of the Body. For that Intention, I would also advise the Patient, to *shave* under the Arms, and apply *Poultises* in order to draw the Mischief, if possible, that Way. And for inward Medicines, let him only chew *Sassafras Root* every Morning fasting. I would likewise intreat him, before he goes to Bed, to take 3 *Pills*, made of *Turpentine* and *Deers Dung*, in equal Quantities: And, besides these, let him once a Week take a *Purge* of *Mallows*, and *Syrup* of *Peach-Blossoms*.

LET his *Diet* be without Meat, and mixt with abundance of *Turnips*, roasted *Apples*, *Raisins*, and *Liquorice*; and let his Drink be, Beer brew'd with *Ground-Ivy*; avoiding strong *Liquors* of every Sort, as he would Poison.

THE Way to prevent this wasting Disease, is, never to suffer a Cough to dwell upon you; but *bleed* in Time, and *purge* gently once a Week. In the mean while, eat not one Moriel of Meat, nor drink any Thing stronger than a little sound *Cider*: And, to make the Game sure, ride every fair Day, and breath as much as possible in the open Air.

A N O-

B L O O D Y - F L U X.

A N O T H E R mischievous Distemper is the **B L O O D Y - F L U X** ; the Signs of which are, a small Fever, and grievous Griping. The Patient will also void slimy Excrements, streak'd with Blood ; and at the same Time, be cruelly tormented in his Bowels.

U P O N the first Appearance of these Symptoms, part with 8 Ounces of *Blood*. The next Day take 80 Grains of *Indian Physick* by way of *Vomit*, and work it well with 2 Quarts of warm Water. The third Day, take 70 Grains of the same *Indian Physick*, in hot Broth, made pretty salt ; and then 'twill go off by Way of Stool, and strengthen the Bowels.

I N the mean Time, let the Food he takes, be either *poach'd Eggs*, *Mutton*, or *Chicken-Broth*, and his constant Drink, a *Decoction* of *calcin'd Deers Horn*, with a *Plantain Leaf* boil'd in it.

T O prevent this Disease, avoid sleeping on the cold Ground, and wading in the cold Water : Never eat immoderately of any Sort of Fruit, nor venture to drink new or foul Cider, by any Means.

A N D because some People, by fancying this Distemper catching, are fearful of going near those unhappy Persons that have it, by which they often want the Assistance

tance that is necessary; I may venture to assure them, their Apprehensions are groundless; and the Reason this Disease goes sometimes round a Family, is, because they live on the same Diet, and breath in the same Air; and then no Wonder if they fall into the same Disorders, one after another, without any Manner of Infection.

WHITE-FLUX.

THERE is also a Kind of WHITE FLUX, that will hurry a strong Man out of his Life in a short Time. In this Case, the Stools are frequent, without Gripes, or Blood, but flowing from the Patient like Water, and having a small Fever attending it.

LOSE no Time in this hasty Disease, but vomit with *Indian Physick*, and purge the next Day with the same. In the mean while, you will do well to wear some Skin girt tight on your Stomach and Belly, with the Furr next you, or else a Piece of soft Flannel.

LET your Food be *Hasty Pudding*, *Panada*, or *Broth thickned with Flower*, and grate *Nutmeg* into every Thing you eat; and let your Drink be, a *Decoction of Deers Horn*, made with a Leaf of *Plantain*.

IN order to prevent this Disorder, avoid Walking and Riding in the Night Air, guzzling

zling huge Draughts of Cold Water and devouring unreasonable Quantities of Fruit, especially of that which is not ripe.

LOOSENESS.

A COMMON LOOSENESS needs no Description; and may be easily stopp'd in the Beginning; tho' some People husband it so well, as to keep it running for many Years: So that all the Humours of the Body taking that Turn, make it difficult to cure.

THEREFORE, to check this Ailment in Time, you must vomit with *Indian Physick*; then live three or four Days upon new Milk, boild thick with Flower, or Tuckabo, and drink the abovementioned *Deers-Horn Decoction*.

THEN to prevent it, eat not intemperately; nor drink windy, or foul Liquors, or too much cold Water.

GRIPING.

BUT in Case of an ordinary GRIPING in the Belly, or WIND in the Stomach, drink a Gallon of warm Whey, and if that cannot be had, a Gallon of warm Water, as fast as you can well swallow it: And afterwards purge with *Mallows*, and Syrup of *Peach-Blossoms*, once or twice.

FOR a few Days, content your self with a moderate and easy Diet; and let your Drink be *Bawm Tea*. IT

I T may be prevented, by keeping your Back-door open, abstaining from windy Meats, and fermented Drinks, and being always careful not to overload your Stomach.

COLICK.

THE COLICK is lately grown a very common Distemper, and begins generally, with a grievous Pain in the Bowels; and, by being neglected, fixes at length in the Pit of the Stomach, where it seems to bore like an Augre; The Patient frequently vomits every Thing he swallows, and can hardly go to Stool, even with the Help of purging Medicines.

PEOPLE thus afflicted are apt to fly to Drams for Relief; but with lamentable Success. These may ease a Fit sometimes; but are sure to add Fuel to the Fire, and make the Disease return with more Violence. Besides, these Cordials have another bad Consequence; they are apt to make People, soberly enough inclin'd, by Degrees grow too fond of their Physick. To cure all which bad Effects at once, I would recommend this certain and easy Remedy: Let him leave off all strong, windy, and fermented Liquors, and drink nothing but *Water*, enrich'd with a very brown Toast.

BUT if this Remedy should be esteem'd

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worse than the Disease, I would, however for the easing a particular Fit, recommend 2 or 3 Quarts of *warm Water*. And to force a Passage, you must take 2 or 3 Spoonfuls of *Bears Oyl*, which will seldom fail, or else drink a Quarter of a Pint of the *Decoction of Peach Leaves*, with 2 Spoonfuls of *Syrup of Peach Blossoms*: And this *Purge* you ought to repeat 2 or 3 Times, to carry off all Remains. But if you would root out the Distemper for ever, take the same Medicines every full Moon, and drink every Morning for some Time, *Sassafras Tea*; and at Night, take as much *Snakeroot Powder* as will lie upon a Sixpence; in *Mint Water* or *Decoction*.

THE Food proper in this Distemper, is, *Chicken*, or *Mutton Broth*; and the Drink, *Bawm Tea*, sweeten'd with *Syrup of Mallows*.

AND, to prevent it, eat sparingly, forbearing every Thing that is salt, and windy; and never drink Spirits, one Drop of *Green Tea*, or brew'd *Liquor* of any Kind.

D R Y G R I P E S.

THE DRY GRIPES, are now (blessed be God) grown much rarer than formerly. This is the cruellest Kind of *Collick*, called in *Europe*, the *Collick of Poitiers*; though here it might be called the *Caribbee Collick*, because

because very common in those Islands: And I wish we may not have deriv'd it from thence by too liberal a Use of their Commodities.

IT makes itself known by a most tormenting Pain in the Pit of the Stomach, and the adjacent Parts. The Guts feel as if they were twisted, and all Motion downward is interrupted: By this Misfortune, the unhappy Patient is inclin'd to vomit up every Thing; insomuch, that sometimes his very Excrements are cast out at his Mouth. In the first Place, a Thoroughfare must by all Means be attempted, by 3 Spoonfuls of *Bears Oyl*, or by the *Decoction of Yesh Leaves*, above mentioned. If these Remedies should fail, you must submit to a *Tobacco Glister*, perform'd by blowing the Smoak through a Pipe into the Fundament. And if the first Operation should happen to fail, it must be repeated. At the same Time, make a strong Infusion of *Tobacco*, and therewith anoint the lower Region of the **Belly**.

AFTER the Passage is perfectly clear'd, your *Diet*, for some Days, ought to be either *Mutton*, or *Chicken Broth*, in which *Mallows* have been boil'd; and your Drink, *Barum Tea*.

SOME have unadvisedly, in this Distemper, ventur'd also to drink Rum, and other

other Spirits, to ease their Pains; but this has cost them dear, by taking away the Use of their Hands; and other *Paralytick* Misfortunes; to cure which, the same Remedies must be used as are prescrib'd hereafter for the PALSEY.

THE best Way to prevent the DRY-GRIPES, is to get ride of *Agues*, and *Colicks*, as soon as you can; to eat sparingly of Fruit, and forbear all foul and windy Liquors; nor meddle with Rum, or other Spirit, after it has been poisoned with foul Sugar, and Lime-juice.

P A L S E Y.

A PALSEY comes suddenly upon us, with dreadful Symptoms, not easy to be mistaken. We are bereft of Sense, and Motion, either in one, or more Parts of the Body; or at least, we find them num'd and disabled: And where the Disease is extreme, one Side is taken quite motionless, and insensible.

AT the first Appearance of these melancholly Tokens, *purge* with *Indian Physick* every other Day, for 3 Times. The Mornings you don't *purge*, cause your self to be plung'd over Head and Ears into cold Water; and this should be repeated thrice every Week, for 3 Months together. You are also to mix equal Quantities of *Spirit*
of

of *Scurvy-Grass*, and *Hungary Water*, and dipping a stiff Comb-brush therein, cause your Head, being close shav'd, to be well brush'd with it several Times a Day : Likewise let the Palms of your Hands, the Soles of your Feet, and Nape of your Neck, be often rubb'd with the same Mixture. After this has put some Sense and Motion into your Limbs, beat *Rosemary* in a Mortar, and make a little Ball of it, which you must roll and work about in your Hands continually, renewing the same every Day : Now and then too, put Tobacco up your Nostrils, letting it lie there for some Time, in order to derive the clammy Flegm from your Brain. These easy Remedies will, by the Grace of God, do great good in the Beginning of this Disease, by restoring the Nerves to their natural Tone, and giving new Vigor to the Animal Spirits, which have been clogg'd and obstructed.

THE Patient's Food should be dry, and of easy Digestion, with *Mustard* and *Horſe Radish* mixt with it ; and let *Sage*, or *Bawm Tea*, be his constant Drink.

TO prevent this Distemper, feed seldom on salt, or high season'd Dishes ; nor eat much Milk, or other flegmatick Food : Never sleep in the dangerous Dew, or on the moist Ground, or continue long in a
Cellar

Cellar, or other damp Situation. Use much Exercise, and let your Motion be always nimble, in order to quicken the Circulation and frisk your sluggish Spirits.

EPILEPSY.

ANOTHER Disease of the Head, is, an EPILEPSY, or FALLING SICKNESS, not unusual in this Country. It discovers it self by very terrible Symtoms: The unhappy Person falls down suddenly, depriv'd of all Sense and Understanding. No sooner is he fallen, but he's immediately shaken with strong Convulsions, grinds his Teeth, rolls his Eye-balls, and foams at the Mouth in a most frightful Manner, So soon as the Fit is over, his Senses return, but commonly a Pain in the Head, and great Depression of the Spirits, remain upon him for some Time after. The return of these melancholly Fits is uncertain, tho', for the most Part, they come near the Full or Change of the Moon.

IN the first Place, Care should be taken, to calm the Spirits of the Patient, and keep them from running Riot in this unhappy manner. For that Intention, *bleed* him, and then burn Feathers often under his Nose, or else Leather, or the Hoofs of any Animal.

FOUR Days before the Full Moon, let

let him take a *Vomit* of *Indian Physick*; and 4 Days after the Full Moon, let him take a *Purge* of the same; and be sure to do the like again, before and after the Change: And this must be repeated for Seven Months together. On the Mornings when he takes no *Physick*, he must swallow as much *Powder* of *Mistleto*, as will lie upon a Shilling, in a Spoonful of the *Decoction* of *Pennyroyal*.

FOR this Purpose, the Leaves and tender Twigs of *Mistleto* must be gather'd in *January*, (being then in its Prime,) dry'd over an Oven moderately warm, and kept all the Year for the Use above mentioned.

LET the Patient's Head be shaved, and a Plaister made of the Juice of *Rue*, *Sage* and *Pennyroyal*, worn on the back Part of it.

LET him often put *Tobacco* up one of his Nostrils, keeping it there as long as it has any Strength, to clear the Head of cold and clammy Phlegm. And let him now and then, besides, chew a Stick of *Mistleto*, and swallow the Juice.

THESE Directions must be pursu'd Seven Months, or more, to cure any Person intirely of this Distemper; and, if it be taken in Time, there will be great Probability

bility of Success, at least in young People.

L E T his Victuals be sparing and easy of Digestion ; and his constant Drink, either *Sage* or *Bawm Tea*.

A S People commonly fall first into this Misfortune while they are Children, so, in order to prevent it, Care should be taken, never to fright, or strike them violently on the Head, Back-bone, or Nape of the Neck.

FEVER, with violent Purging and Vomiting.

A FEVER, with **VIOLENT PURGING AND VOMITING**, can't easily be mistaken. The Stools through frequent, are with great Pain and Difficulty : Both the Stomach and Bowels feel exceedingly uneasy, and the whole Frame is in universal Disorder.

A S this Disease will hurry a Man soon to his long Home, without speedy Help, you must forthwith make 2 Gallons of thin *Broth*, either of half a Fowl, or a small Chicken, and drink it all in the space of 2 or 3 Hours : Some of this will come up, and some go down, and cleanse your Stomach and Bowels in such a manner, as to make you well before you expect it.

ONLY be careful to live some Days upon light and innocent Fare, boiling *Mint* in every thing you eat, and grating *Nutmeg* into all your Drink.

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WOULD you prevent this boistrous Illness, forbear all Kind of Surfeiting and Excess, never exposing your self to be wet to the Skin, if possible.

FEVER and AGUE.

I MUST not omit a FEVER AND AGUE, which is an Epidemick Distemper in this moist and variable Climate. 'Tis true, it seldom kills now a days; but if neglected too long, corrupts all the Juices of the Body, and ends either in a *Jaundice Drop/sy*, *Dry Gripes*, or *Catlexy*: Therefore I conjure all my good Patients, as they tender their Health, and their Looks, to dispossess this *Devil* as soon as they can.

AGUE.

AN AGUE returns either every Day, every third, or every fourth Day; and the Way to know which of these any Person hath, is, only to abide 2 Fits. If it come every Day, it will be often accompanied with a Pain in the Head: In which Case, after the second Fit, you must *bleed* 8 Ounces. The next Day, *purge* with *Indian Physick*, and 2 Days after that, repeat the same again. This must be followed, by taking, every Morning and Evening, 20 Grains of the *Powder* of *Sassafras-root*, mixt with 10 Grains of *Snake-root*, in 2 Spoonfuls of the *Decotion* of *Wormwood*.

IF the Fit return every third Day, omit *bleeding*, in Case there be no Pain. After the second Fit, *vomit* one Day with *Indian Physick*, and *purge* with the same the next. If these should not master the Distemper, you must compleat the Cure with the *Powders of Sassafras*, and *Snakeroot*, taken in the Manner aforesaid.

BUT in Case the Return should be every fourth Day, you must, after the *Vomit* and *Purge*, take a *Cold-Water Sweat*: That is, so soon as the Cold Fit is off, and the Fever begins to come on, go into naked Bed, and drink a Pint of *cold Water*: Then cover your self up, and in a little Time, the Disease will be driven all out at your Pores. However, take the *Powders* after this Operation for some Time, that you may make sure Work of it.

YOUR *Diet* should be moist, and temperate; and Drink, *Cinquefoil Tea*.

IT would be difficult to prescribe Rules to prevent a Distemper, to which our Situation is so unhappily subject; However, Prudence may be useful, even in this Case. Ride therefore a great deal in the hot Months, to sweat out all ill-digested Humours; and don't chill your Bowels too much with cold Water. Avoid, as much as may be, being abroad in the Rain, or in
the

the Dews of the Night. Be cautious too, of sleeping on the Ground, or with your Windows or Doors open, to let the Wind blow upon you.

CONTINUAL FEVER.

In Case of a CONTINUAL FEVER, bleed immediatly 10 Ounces. The Day following, vomit with *Indian Physick*; and the Morning after, purge with the same. And if you should be light-headed, be convuls'd, or incline too much to Sleep, lay a large *Blister* to the Neck, and to the fleshy Parts of each Arm; and take a *Glist* every Night, of *Malloes*, and *Syrup* of *Peach-Blossoms* to abate the Heat of the Distemper.

IT matters not how little People eat in one of these *Fevers*, because the Spirits requisite for Digestion, are employ'd in struggling with the Disease: But what little Sustenance they do take, should be moist, and cooling; and their Drink, a *Decoction* of *Cinquesoil*.

TO prevent this furious Malady, avoid all Excesses of strong Drink, especially of Spirits, which inflame the Blood at the same Time that they vitiate the Ferment of the Stomach; upon which all Digestion, and consequently all Health, depends.

SLOW FEVER.

BUT there is a SLOW FEVER, more difficult

ficult to manage than all the rest, which is the true SCORBUTICK FEVER. The Signs of it are, a low, but quick Pulse, a constant Thirst, a Falling away of the Flesh, and a fallow Complexion. There will be sometimes too, a hard Swelling on one Side of the Belly, that seems to move about.

AS this lurking Disorder comes by a long Course of ill Management, so it will need some Time to root it out. For that End, take a *Vomit* of *Indian Physick*, and the next Morning, a *Purge* of the same; which *Purge* ought to be repeated once a Week, for 6 Times at least. The Mornings you don't take *Physick*, drink constantly a Quarter of a Pint of *Sassafras Tea*, fasting; and every Night, as much *Powder* of *Snakeroot* as will lie upon a Shilling, in 3 Spoonfuls of *Decoction* of *Dittany*. And if you should be costive, take a *Glisten* every other Day, of *Decoction* of *Mallows*, with *Syrup* of *Peach Blossoms*. This Method, faithfully pursued, for two Months, with moderate Riding, and a proper Diet, will go near to finish the Cure.

IN the mean Time, eat no Milk, nor any Thing salt or hard of Digestion: But let your Sauce be *Mustard*, *Garden Cresses*, and *Horse-radish* in abundance; and your

your best Drink will be, sound *Cider*, with a hot Iron quench'd in it, or Beer brew'd with *Serrel Tree Leaves*.

THEN, to prevent this Illness, you must indulge no slothful Inclination; but stir about your Business briskly, and ride as often as you can: Never drink more than a Pint of Water, or other Drink, in 24 Hours. Breath as much as possible in the open Air, in the Day Time, and avoid it in the Night.

W O R M F E V E R.

THERE is besides, another Kind of *FEVER* hard to be distinguish'd, especially among Children; and that is a *WORM-FEVER*. There will be a quick Pulse, and often a Pain in the Side, in the Stomach, or Bowels, and all occasioned by Worms. Now and then too, there will be the Symptoms of the *Flux*, and even Convulsions; so that like the Devil, it appears in all Manner of Shapes. The only Way I know, of discerning it, is, by a swell'd Belly, a tainted Breath, or a greedy Appetite, beyond what is usual in other feverish Disorders.

GIVE a *Vomit* of *Indian Physick* one Day, and a *Purge* of the same the next, Beat the Seed of *Jerusalem Oak*, and take a Spoonful of it, mixt with the Juice of *Rue*, or *Wormwood* for 3 Mornings. From the Beginning,

Beginning, soak a cur'd *Leaf* of *Tobacco* in *Vinegar*, and apply it warm to the *Stomach*, or *Belly*; and it will make the *Worms* much sicker than it doth the *Patient*.

LET his Food be season'd with a great deal of *Salt*; and his Drink, *Beer* brew'd pretty bitter, with *Wormwood* instead of *Hops*.

IT is difficult to hinder *Worms* from hatching, and harbouring in our Bodies, because we swallow their Eggs almost with every thing we eat; especially such as live much upon *Pulse*, and *Indian Corn*, will be full of them. So that I may venture to say, Three Fourths of the Children that die in these Parts of the World, die of *Worms*.

THE best Way to prevent them, is, to make use of a great deal of *Pepper* and *Salt* with your daily Food, and as little *Vinegar* as possible, which is full of small *Insects*, not to be seen without a Glass.

C A C H E X Y.

ITOOK Notice, that a CACHEXY was one of the Consequences of letting a *Fever* and *Ague* continue too long; tho' the same is produced likewise by an unwholesome *Diet*, by a sloathful Habit, and drinking abundance of cold *Water*. The Signs of it are, a slow *Feyer* of the
Hedick

Hedick Kind, a continual Thirst, a Shortness of Breath, and a very cadaverous Complexion.

FOR the Cure of this lazy Distemper, you must proceed in the same Method as is directed in the Case of *slow Fevers*: Only I would advise the Patient, over and above, to take every Day, at 10 in the Morning, and 4 in the Afternoon, a Dram of *Rum*, wherein the *Flowers*, and *Tops* of *Centory*, have been infus'd; and, during the whole Course of the Cure, the Patient must by all Means shake off his lazy Disposition, rise early in a Morning, and stir about as briskly as his Strength and Breath will permit.

HIS Food should be fresh, and easy of Digestion; and his Drink, Beer brew'd with *Wormwood*, and the *Leaves* of the *Sorrel Tree*.

TO prevent falling into it, never suffer *Agues*, or *slow Fevers*, to taint your Blood; be nimble in your Motion, and drench not your self with cold Water, between Meals.

YELLOW JAUNDICE.

ANOTHER bad Effect of keeping an *Ague* too long, is, the YELLOW JAUNDICE. This discovers it self by the yellow Hue of the Face, and other Parts of the Body: Nay, the Whites of the Eyes, and Urine, will be all to ting'd with it.

FOR

FOR this Illneſs, take a *Purge* of *Indian Phyſick*, and repeat it the third Day again. After that, drink every Morning, and Evening, for 6 Weeks, a Quarter of a Pint of *Decoction*, of the *inner Bark* of *Elder*, and the *Root* of *Saffafras*, in Equal Quantities. In the mean Time, force your ſelf to ſtir about, and ride on Horſeback every fair Day.

LET all your Victuals be light, and temperate; and your Drink, Beer brew'd with *Sorrel Leaves*, *Pine Tops*, *Root* of *Aſh* and a little *old Iron*.

TO ward off this ungracious Diſeaſe, cure your *Agues* in the Beginning, lingring *Fevers* as ſoon as poſſible, and uſe Agility in your Motion.

BUT the moſt fatal Conſequence of keeping an *Ague*, or *Jaundice* too long, is, a DROPSY. This dire Calamity befalls ancient People ſometimes, by Means of natural Decay; and ſometimes, thoſe that are young, when they have made too bold with their Conſtitution. 'Tis alſo apt to follow too great a Loſs of Blood, or too long a Familiarity with Opiates.

D R O P S Y.

A DROPSY firſt ſhews it ſelf, by the Swelling of the Legs about the Ancles, in ſuch a Manner as to retain the Impreſſion of

of your Finger. The Swelling appears most at Night, and is usually attended with a Shortness and Difficulty of Breath, ever most troublesome when the Patient lies down.

H E must therefore resolve upon proper Remedies, before the Waters rise high enough to drown him: And if he have but the Gift of Self-denial, he may, by God's Help, get the better of this mortal Enemy; provided there be no universal Decay, no Depravation of the Liver, or other Organs, necessary for Blood-making.

N O W I can't recommend the Remedies for this Disease better, than by giving Three remarkable Instances, of Persons of an advanc'd Age, who have been perfectly cur'd by them.

T H E First was, *Sir Thomas Middleton*, an eminent Physician, who fell into a *Dropsy*, at near 70 Years of Age. After draining the Water, by 2 or 3 smart *Purges*, he perform'd the rest of the Cure by a resolute Self-denial. He eat nothing but what was light, and nourishing; and for his Drink, confin'd himself rigorously to a Quarter of a Pint of *Rhenish* Wine in 24 Hours: (And hard *Cider* would have done the Business as well.) The first Week, his Thirst was hardly to be endured; but after that, grew more tolerable. He con-

E

tinued

tinued this Course for 2 Months, and recover'd compleatly.

T H E Second was the late *Earl of Oxford*, who had this Distemper in his *grand Climacterick*. He purg'd 2 or 3 Times, drank sparingly of *Canary and Water*, thickened with the *Yolk of a new laid Egg*; and all his Victuals besides were cook'd with abundance of *Garlick*, and *Horse-radish*. This Method was pursued with great Constancy for 3 Months, and blest with entire Success.

T H E last Instance, is an *Acient Gentleman*, who trusted to the Remedies of our own Country, with the like happy Effect. He drank the *Decoction of Sassafras*, as soon as he got up, and chew'd the *Root* of it all the rest of the Morning, 'till Dinner; then observ'd a light, and nourishing Diet; and drank moderately of clear sound *Cider*, wherein a *hot Iron* had been plentifully quench'd.

O F these several Remedies, you may please to take your choice: Or, instead of *Sassafras*, you may hold the *Seeds of Pelitory of Spain* in your Mouth, which will salivate still more powerfully.

T H E rest of the Cure must be compleated with restorative Meats, and a very short Allowance of Drink. For your Diet,

I would recommend *Poach'd Eggs, thin Hominy, Hoggs Feet, Cow Heel, and Jelly Broth*: All which will renew, and enrich the Blood, without provoking too much Thirst: And for Drink, use none but *Sorrel Beer*, or sound *Cider*, wherein a *hot Iron* has been quench'd several Times.

TO guard yourself against this wretched Distemper, be cautious of scorching your Liver, with Spirits, or Excess of other strong Drink. In case you be troubled with *Bleeding*, stop it as soon as you can. By no means accustom yourself to *Opiates*, or suffer an *Ague*, the *Jaundice*, or lingering *Fevers* to dwell long upon you.

BECAUSE I mentioned Loss of Blood to be one Cause of the *Dropsey*, I will hint at some Means to stanch those *Bleedings* that threaten the most Danger.

BLEEDING PILES.

IN Men, the excessive FLUX of the BLEEDING PILES sometimes ends in a *Dropsey*, if not stopp'd in Time. In that Case, purge with *Indian Physick* 2 or 3 Times; and the Mornings you don't do that, drink the *Express Liquor* of fresh *Ass-dung*, sweetned with *Syrup* of *Quinces*, to be repeated 3 Times. In the mean while, take an Ounce of *Conserve* of *Roses*, twice or thrice a Day; and after every Stool, wash

your Fundament clean with *Decoction* of *Comfry Leaves*, made very warm.

LIVE all the Time upon a cooling Diet, without Meat; and only drink *Burnet*, or *Yarrow Tea*, sweetned with *Syrup* of *Quinces*.

THOSE that are liable to this, or the like Infirmities, should avoid heating themselves with strong Drink, or too boistrous Motion; nor must they fall into violent Passions, either of Love or Anger.

F L O O D I N G.

IN Women, a *Dropsey* is often caus'd by FLOODING, or the IMMODERATE FLOWING of their COURSES. Let them for this, in the first Place, take away 8 Ounces of *Blood*, and then proceed as in the foregoing Case; only they must inject the *Decoction* of *Comfry Leaves*, and govern their Passions, if they can; nor must any Part of them, not so much as their Tongue, be allow'd to have too much Motion.

B L E E D I N G at the N O S E.

THE BLEEDING at the NOSE, must be treated just in the same Manner, except the *Decoction* of *Comfry Leaves* shou'd be often snufft up the Nose, and a Tent soak'd in the same frequently thrust into the Nostrils; And if a little *Allom* were dissolv'd in the *Decoction*, it wou'd be so much the better.

S P I T-

SPITTING, or PISSING of BLOOD.

THEN, for SPITTING, or PISSING OF BLOOD, bleed 8 Ounces. The next Morning, purge with *Indian Physick*; and drink nothing but Tea made of *Comfry Leaves*, and sweeten'd with *Syrup of Quinces*. But whenever a *Fever* produces *Loſs* of Blood, the Heat of that must be taken off by *cooling Medicines*, before the *Bleeding* will cease.

W H I T E S.

In the WHITES too, I wou'd recommend *Bleeding* in the Beginning; and *Purging* 2 or 3 Times, with *Indian Physick*. When she don't purge, let her, Night and Morning, drink Half a Pint of *Papa's Liquor*, with an Ounce of *Conserve of Roses* dissolv'd in it; and often inject the same. For the rest, she must use the same *Diet*, the same *Drink*, the same moderate Motion, and Freedom from Passion, as are mention'd before.

G L E E T.

A GLEET, or RUNNING of the REINS, in Men, must be treated in all Respects as the foregoing Weakness in the other Sex; provided always, it be not Venereal.

V A P O U R S.

THERE's no Disease puzzles *Physicians*

sicians more than the V A P O U R S, and H Y S T E R I C K F I T S. These Complains are produced by so many Causes, and appear in so many various Shapes, that 'tis no easy Matter to describe them. However, some of the *Symptoms* are, a Thumping at the Heart, a Croaking of the Guts, and a Fulness of the Stomach, which the Patient endeavours to ease, as much as she can, by Belching: Every now and then too, something seems to rise up to her Throat, that almost stops her Breath: She has moreover, a great Heaviness, and Dejection of Spirit, and a Cloud seems to hang upon all her Senses. In one Word, she has no Relish for any thing, but is continually out of Humour, she knows not why, and out of Order, she knows not where.

T H I S is certainly a miserable Condition, how much soever it may be ridicul'd as whimsical and imaginary; and 'tis the more so, because the Weakness of the Nerves makes the Cure exceeding difficult.

B E C A U S E the *Stomach* is suspected to be much in Fault, I wou'd have that cleans'd in the first Place, with a *Vomit* of *Indian Physick*: The next Day, purify the *Bowels*, by a *Purge* of the same; which must be repeated 2 Days after. The rest of the *Cure* must be perform'd by the ex-
act

act Observation of the following *Rules*. Endeavour to preserve a cheerful Spirit, putting the best Construction upon every Body's Words, and Behaviour: Plunge, 3 Mornings every Week, into cold Water, over Head and Ears; or if you have no Convenience for that, it will have the same Effect, if you suffer your self to be whip'd with smart little Rods. It can't be imagin'd how this will brace the Nerves, and rouse the sluggish Spirits, (as some grave Gentlemen find, when they try it for a merrier Purpose.) Observe a strict Regularity and Temperance in your *Diet*; and ride, every fair Day, small Journeys, on Horseback. Stir nimbly about your Affairs, quick Motion being as necessary for Health of Body, as for Dispatch of Business. In the mean while, I absolutely forbid all sorts of *Drams*, which will raise the Spirits only to sink them lower; nor do I allow her one Pinch of *Snuff*, or one Drop of *Bohea-Tea*, tho' it were to save her Longing.

H E R *Food* must be fresh, and easy of Digestion, neither salt, nor windy; nor may she eat one Morfel of *Beef*, which affords a gross Nourishment, and inclines People, too much, to hang themselves. And for her *Drink*, she must forbear *Beer*, with all windy and fermented Liquors;
and

and stick to *Bawm-Tea* intirely.

T O escape this Disorder, she must suffer none of the idle Disturbances, or Disappointments of an empty World, to prey upon her Mind, or ruffle her sweet Temper. Let her use just Exercise enough to give a gentle Spring to her Spirits without wasting them; and let her be cheerful, in Spite of a churlish Husband, or cloudy Weather.

S U P P R E S S I O N of the C O U R S E S.

N O W I am upon *Female Infirmities*, it will not be unseasonable to touch upon a common Complaint among unmarried Women, namely, **The S U P P R E S S I O N of the C O U R S E S.** This don't only disparage their Complexions, but fills them, besides, with sundry Disorders. For this Misfortune, you must *purge* with *Highland Flagg*, (commonly call'd *Belly-ach Root*) a Week before you expect to be out of Order; and repeat the same 2 Days after: The next Morning, drink a Quarter of a Pint of *Pennyroyal Water*, or *Decoction*, with 12 Drops of *Spirits of Harts-horn*, and as much again at Night, when you go to Bed. Continue this, 9 Days running; and after Resting 3 Days, go on with it for 9 more. Ride out every fair Day, stir nimbly about your Affairs, and breath as much

much as possible in the open Air.

Y O U must feed upon a warm and cordial *Diet*, enrich'd with a great deal of *Mustard*, *Nutmeg*, *Horſe-radish* and *Garden-Cress*; at the same Time avoiding every thing that is astringent, flegmatick, and windy. And let your *Drink* be *Beer*, brew'd with *Sorrel-Leaves*, or else *Ground-Ivy-Tea*.

T O prevent this Complaint, young Women must shake off Sloth, and make Use of their Legs, as well as their Hands. They shou'd be cautious of taking *Opiates* too often, or *Jesuits-Park*, except in Cases of great Necessity; nor must they long for *pretty Fellows*, or any other *Traish* whatsoever.

STONE in the BLADDER.

H E A V E N be prais'd, there is little Occasion to say any Thing of the *STONE IN THE BLADDER*, there being few Instances of it in this Colony. Among the Gentry, the *Madura Wine*, which has but little *Tartar* in it, and the *Mollusks Beer*, being soft and cleansing, are happy Defences against this Scourge of Luxury and Laziness: And then for the common Planters, their *Pone*, and other Preparations of *Indian Corn*, being thimoth and hippery, are likewise excellent Preservatives.

G R A V E L.

NEVERTHELESS, some few of us by sitting too long either at our Book, or our Bottle, have, now and then, some Touches of the GRAVEL, or STONE in the KIDNEYS. This makes it self known, by a Pain across the Loins, by Urine ting'd with Blood, and mix'd with Sand and jagged little Stones: The Stomach too is sometimes affected, and inclin'd to vomit.

WHEN you find these concurring Symptoms, drink 3 or 4 Quarts of Whey, as fast as you can, wherein the Root of *Trickley Pear* has been boil'd. When that has all pass'd, squeeze the Juice of *Wild Garlick* into clean sound Cider, and drink a moderate Glass of it Night and Morning, for 6 or 7 Days.

IN the mean Time, let your Food be thin Hominy, or Broth, with a few Mallows boil'd in it; and your Drink, a Decoction of Mallows sweetned with Syrup of Violets.

AND the Way to ward off this painful Disease, is to be temperate in all your Enjoyments, to eat a great deal of Milk, and Meats made of *Indian Corn*; but above all Things, be cautious of sitting still too much.

SUPPRESSION of URINE.

A COMMON Consequence of the *Gravel*, is, a SUPPRESSION OF URINE, occasioned, sometimes, by small Stones lodging in the narrow Passages, that lead from the Kidneys to the Bladder. The Signs of this Complaint are too plain to any one who has his Feeling; and to cure it you must proceed in much the same Method as for the *Gravel*; only you should add *Parsley-Tea* to your Drink, sweeten'd with *Syrup of Violets*.

BUT if the Suppression arise from an Ulcer, or Inflammation in the Neck of the Bladder, then the Symptoms are, a great Heat, and Pain in that Part, with an urgent Pain to make Water, but a Disability to do it at all, or, at most, not faster than Drop by Drop.

FOR this, boil one Part of *Oyl*, with two Parts of good *Cider*, and thereof swallow a Spoonful, Night and Morning.

LET your *Diet* all the while be cooling and easy of Digestion; and your Drink *Parsley Tea*, or *Cider*, with a *Plantain Leaf* boil'd in it.

TO prevent this Ailment, eat seldom of pepper'd, or high-season'd Meats; and drink moderately of hot Liquors: Though above all Things, you must forbear using

artificial Provocatives, to recommend you to the delightful Sex; but, for that, let Nature be your only Prompter.

B L I N D P I L E S.

T H E Symptoms of the **B L I N D P I L E S**, are, little painful Swellings, appearing just without the Fundament. They are occasioned by the flowing of corrupted Blood into the Vessels thereabouts, which sometimes creates so much Anguish, as to put the Patient into a *Fever* and render every Posture uneasy.

F O R this Complaint, take every Morning fasting, in the Yolk of a *new laid Egg*, 12 Grains of *Brimstone*, finely powder'd; and wash it down with a small Draught of *Decoction of Malloes*. And to allwage the Pain, make Use of this *outward Application*: Stamp a *roasted Onion*, with a little *Ointment of James - Town Weed*; which must be laid on warm, and renew'd twice a Day.

I N the mean Time, the afflicted Person's *Diet* ought to be moderate and cooling, without Meat of any Kind; and his constant *Drink*, *Milk* and *Water*.

B U T, in order to prevent this Affliction and root it out for ever, use the following Remedy. Boil a Handful of *Mullein Leaves* in a Pint of *new Milk*, and sweeten it with
Syrup

Syrup of Violets. Drink this every Night, for six Weeks together, just before you go to Rest.

R U P T U R E.

A R U P T U R E is a common Misfortune especially among *Children*. The Tokens of it are, a painful Swelling and Inflammation in the Guts, occasion'd by a Fall, or other Violence, that forces down the Guts into that Part, and is most painful when the Accident first happens.

F O R this, let the Patient immediately have a *Truss* made, that may hold the Part suspended. Then apply fresh *Cow-Dung*, which must be renewed Night and Morning, till the Pains are allwaged. After that, put on another *Poultice*, made of the *Roots* of *Swamp-Lillies*, and *Samak Berries*, boil'd, and beat well together; which must also be refresh'd twice a Day, till the Swelling disappears. From the Beginning, let him gird a Belt tight about his Loins, and wear it continually, 'till the Bowels are drawn up to their natural Situation.

L E T his *Diet* be cooling, and easy of Digestion; and his constant *Drink*, a *Decoction* of *Garden-Cresses*, sweeten'd with *Syrup of Quinces*.

I N order to prevent this Disaster, Care must be taken, never to over-strain your
self

self, use too violent Motion, or fall in such a Manner as to injure your self in those sensible and tender Parts.

Y A W S.

THE YAWS, or COUNTRY DISTEMPER, is very hard to cure perfectly, especially when grown inveterate. This is the highest Kind of *Scurvey*; and the Symptoms of it are, eating Ulcers in the Throat, or Palate, and filthy Sores in other Parts of the Body, having near Resemblance to those of the *Pox*.

THIS unclean Disease often yields to Dr. *Papa's* Remedy; or, at least, may be kept under by it.

TAKE 1 Ounce of the Bark of *Sumack Root*, 1 Ounce of the *inner Bark* of *Pine*, and 2 Ounces of the *inner Bark* of *Spanish Oak*; boil these together in 2 Quarts of *Water*, 'til the *Decoction* be very strong. Of this Liquor drink a full Pint, milk-warm, and immediately after it, Half a Pint, quite cold; and it will give you a powerful *Vomit*.

THE next Morning, take Half a Pint of the same *Drink* warm, and the same Quantity again in the Evening; and continue so doing, for 6 Weeks, or 2 Months; only the *Vomit* must be repeated every seventh Day. In the mean Time, gargle your Throat, and wash all your Sores, and
Ulcers

Ulcers with the same warm *Liquor*, which ought to be made fresh every 2 Days. Besides all this, you must chew the *Samac Root* very often, and swallow the healing *Juice*.

EVERY Night, before you go to Rest, take 2 *Pills*, made of *Turpentine*, and *Deers Dung*, in equal Quantities.

P O X.

THE P o x may be cured exactly in the same Manner; And because the Symptoms are much the same, it is very probable, the one was a Graft of the other. The pious *Spaniards* catch'd it from their *Negro* Mistresses in the *West-Indies*, and had the Honour of propagating it from thence to all the rest of the World.

IN both Cases, confine your self altogether from eating Flesh, from strong Drink, and be very careful of catching Cold.

TO avoid these Misfortunes, eat seldom of fresh Pork, which breeds very gross Humours; live not too near a Swamp; nor ever venture upon strange Women, especially upon *Ethiopians*.

C A N C E R.

ANOTHER woful Case, is, a C A N C E R, which some despairingly imagine to be incurable; tho', blessed be God, there have been some Instances of Success, by the Method hereafter mentioned. In the mean
Time

Time, it usually begins with little hard Lumps, or Swellings, in the Breast, Lip, or other glandulous Part of the Body. These afterwards break into painful Sores, which eat farther and farther, 'til at last, they reach some large Vessel, or mortal Part.

IN this Case, the Patient must submit, in the first Place, to have the hard Lump cut clean out, so soon as he is convinc'd it is a *Cancer*. And for curing the Wound, he can't do better than make Use of the following *Balsam*: He must boil 6 Ounces of *Sassafras Root*, and as much *Dogwood Root*, in a Gallon of Water, 'til it be wast-ed to a Pint, and having strain'd it off, must drench a *Plaget* therein, and apply it warm to the Sore, renewing it every Day: and if he will have the Patience to continue this for some Time, I can assure him, he will not be the first that has been blest with Success.

LET him drink *Sassafras Tea* every Morning, live temperately, upon light and innocent Food; and abstain intirely from strong Liquor.

THE Way to prevent this Calamity, is, to be very sparing in eating Pork, to forbear all salt, and high-season'd Meats, and live chiefly upon the Garden, the Orchard, and the Hen-house.

G O U T.

I SHALL close this black List of Diseases with the G O U T, which I observe with Pleasure, to be grown less frequent in the Country, than in the Time of our Fathers. It makes it self known with a Vengeance, by a painful Inflammation in some of the Joints; especially of the Hands and Feet.

I T would be great Presumption, after so many vain Attempts, for me to recommend any other Remedy for this obstinate Distemper, than a strict and severe Temperance, both in Eating and Drinking. Nevertheless, I am not so hard-hearted, as to deny my Patient any Kind of fresh and plain Food, that agrees with his Stomach: All I intreat of him, is, to confine himself religiously to a moderate Quantity. Nor can he do better, than to follow the Example of *Cornaro*, a noble *Venetian*, who tied himself down to 12 Ounces of Eatables, including Bread, and 14 Ounces of Drink, in the 24 Hours. He stuck close to this short Allowance, using moderate Exercise; and, from being a Cripple by the *Gout*, recovered his Health, and his Strength, to a Wonder: And having found so much Benefit by these Rules, pursued them strictly to the End of a very long, and happy Life.

G

N O R

N O R are these Weights so scanty as they may seem to be, to some keen Stomachs ; but, upon a fair Trial, they will be found sufficient, to give Strength to the Body, Chearfulness to the Heart, and Vigour to all the Faculties of the Soul. And, besides these happy Effects, they will do more : They will place you above the Influence of the Stars ; and make you able to subdue your Passions, to the Empire of a cool and unclouded Understanding.

T H E same Temperance that cures this Distemper, will certainly not fail to prevent it ; make you live a great while, and very easy while you do live.

T H U S I have run through most of the common Complaints, to which the Inhabitants of this Colony are subject : and prescrib'd such innocent Cures, as will generally succeed, if timely made Use of ; yet am far from pretending, that any of them are infallible : We all know, that *Death* strikes so home in some Cases, that all *Physick* will be vain. There are many Instances too, where the Diseases of our Climate have a little *Dash* of the *Pox*, the *Scurvy*, or the *Gout* ; and then they need a skilful and diligent Physician to get the better of them.

I N the mean Time, it may seem strange, that, among the Remedies I have prescrib'd,

no Mention is made of *Mercury*, *Opium*, or the *Peruvian Bark*, which have almost obtain'd the Reputation of *Specificks*. I acknowledge the powerful Effects of these Medicines; but am perswaded, they ought to be administred with the greatest Skill, and Discernment. And, as I write chiefly for the Service of the Poor who are wholly left to judge for themselves, I was fearful of putting such dangerous Weapons into their Hands.

I F those of better Circumstances find any Thing here, that may in any Manner deserve their Attention, I should be exceedingly glad: Tho' I own, these Directions were not design'd for such as are in Condition to purchase more *learned Advice*. It was only to those whom Fortune has plac'd below the Regard of our *Doctors*, that I address this short Essay: And if one single Person shall be recovered thereby, or receive the least Relief, I shall account my Pains happily bestow'd.

I N the mean Time, there is no Question, but some of my *Brother Quacks* will make themselves merry with these Prescriptions. Let them shoot their *harmless Bolts*. I by no means envy those Gentlemen the only Way they have of appearing wiser than their Neighbours. Tho' after all, it is not

impossible, but they may do by some of these, just as the good People of *England* do by the *French* Fashions, laugh at them first, and then have the Humility to follow them.

John Knollys Esq

31mo 20 day 1738

AN INDEX of DISEASES mentioned in this Book.

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THE foregoing Distempers are the most fatal, and troublesome, we are afflicted with in this Country. There are other little Disorders, which being rather Complaints, than Diseases,

Diseases, I have omitted, lest I might lose the Benefit of the Proverb, which says, *The shortest Follies are the best.* The Remedies I have prescrib'd are almost all of our own Growth, there being no more than 5 or 6 foreign Medicines, and they so very cheap, that if I happen not to cure my Patient, I am sure I shan't ruin him. And surely, no Man can say he dies very unfairly, when there is so little to pay either to the *Doctor* or the *Apothecary*. Besides, I have another Thing to recommend me, that I don't cram my Patients with too much *Physick*. My Prescriptions are generally single, and not compounded, like a *Spanish Oleo*, of all Sorts of Ingredients, which must certainly confound and defeat the Vertues of each other. Neither do I ransack the Universe for outlandish Drugs, which must waste and decay in a long Voyage; nor import the Sweepings of the Shops, which I am sure are decay'd; but am content to do all my Execution with the Weapons of our own Country.

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THESE Ingredients every Master of a Family may easily provide himself with; as he should also with a *Lancet*, a *Glisten-Pipe*, and a *Syringe*, that he may not be at a Loss in his Distress; and spend that Time in running after Remedies, that ought to be made Use of in applying them; Delays being never so dangerous, as in the Care we ought to take of the Sick.

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The PRINTER to the READER  
wishes HEALTH.

THIS Book entitled, *Every Man his own Doctor*, was first printed in *Virginia*, for the Use of which Colony it was written by a Gentleman residing there. Great Numbers have been distributed among the People both in *Virginia* and *Maryland*, and 'tis generally allow'd that abundance of Good has been thereby done: And as some Parts of *Pennsylvania*, the *Jerseys*, and the Lower Counties on *Delaware*, are by the lowness and moistness of their Situation, subject to the same kind of Diseases, I have been advised to reprint this Book here, for the Use and Benefit of such People in these Countries, as live at too great a Distance from good Physicians. It is necessary, however, to give the Reader this one Caution, that the *Specacuania* or *Indian Physick* so frequently prescribed by the Author, is

much



much weaker in *Virginia*, than that which grows in *Pennsylvania*; so that whereas he prescribes 80 Grains for a Vomiting Potion, and 70 for a Purge; 12 Grains of our *Indian Physick*, or *Ipsacuania*, will be sufficient for a Vomit, and 10 for a Purge: There is another Sort which comes to us from *Europe*, and is to be found in the Apothecaries Shops, of which 30 or 32 Grains is commonly given for a Vomit, and 27 Grains for a Purge, which will work most Constitutions sufficiently.

#### P O S T S C R I P T.

A Physician in *Virginia* has lately published an Essay on the *Pleurisy*, in which he discovers a Method of treating that fatal Distemper, that he says he always found to succeed. The principal Part of the Cure depends on the Use of a Simple that begins to be known in this Country by the Name of *Rattle Snake Root*, being the same that the *Indians* use in curing the Bite of that venomous Reptile. The Method which the Author practices and recommends, is as follows.

“ Let the Patient first have 10 Ounces of Blood taken  
“ from the Arm of the well Side, or Foot if both Sides  
“ are affected: and every 6 Hours 3 Spoonfuls of the fol-  
“ lowing Tincture is to be given, the first Dose immediate-  
“ ly after, and continued till the Symptoms abate.

“ Take of the *Rattle-Snake Root*, 3 Ounces, *wild Valerian*  
“ *Root*, an Ounce. Cut them in a Half, let them be well bruised in  
“ a Mortar, then mix them with a Quart of old *Canary*,  
“ and digest in a proper Vessel in a Sand-Heat for Six  
“ Hours, afterwards decant for Use.

“ Let fifteen Drops of *Balsam Capivi*, and as many of  
“ *Sal volatile Oleosum*, be given in a little ordinary Drink,  
“ twice between each Dose of the Tincture, beginning  
“ with the first Dose two Hours after the Tincture; and  
“ give the second Dose two Hours after.

“ Let the ordinary Drink be a Tea made of *Marshe-mal-*  
“ *low Roots*, always given warm.

“ If the Patient has been ill some Days before any thing  
“ administred, the *Balsam* is to be continued for some Days  
“ after a considerable Amendment.

“ Bloodletting is to be repeated the second Day, and  
“ in the same Quantity as the first, if the Patient is not  
“ much better, on the same Day unless something better in  
“ 4 Hours: But such is the Efficacy of this Medicine, that

“ there is seldom Occasion. The Symptoms generally abate considerably in 24 Hours, and the Recovery CERTAIN.

But because every one may not have Conveniency for preparing this Tincture, nor have the other Medicines mentioned at hand, and do not live within reach of a Physician, it is necessary to acquaint the Reader with what the Author adds further, *viz.*

“ A Decoction of the *Rattle-Snake Root* alone in Spring Water, 3 Ounces to about one Quart; together with Pectoral Teas sweetned with Honey will prove effectual, without any thing else; if the Patient has been let Blood as soon as taken, and this Decoction immediately given afterwards.

This is to be understood of the genuine *Pleurisy* or *Pneumony* attended with a Fever.

As for the other Disease, which often persuates a *Pleurisy* in these Parts, the Symptoms of which are, that the Patient is cold in a *somniferous* State, and sometimes convulsed.

In this Case the Author omits Bloodletting as pernicious; but says the Tincture aforesaid is as effectual here as in the genuine *Pleurisy*, only advises that the *Rattle-Snake Root* and *Valerian* be in equal Quantity.

We have not room to add more of the abovementioned Essay; and indeed the greatest part of it being taken up in abstracted Reasonings on the Texture of the Blood, and the Operations of different Medicines, &c. to make a larger Extract would be of little Use to the unlearned Reader, for whom this Book was originally intended; and 'tis supposed that in Cases of Danger, the Patient will always consult a skilful Physician where it can possibly be done.

But while we are solicitous about the Health of the Body, let us not forget, that there are also *Diseases of the Mind*, which concern us no less to be thoroughly cured of. The divine Assistance and Blessing on our Endeavours is absolutely necessary in both Cases; which we ought therefore piously and devoutly to request. And being healed, let us gratefully bless and praise that GREAT PHYSICIAN, from whose Goodness flows every Virtue, and the Discovery of every useful Medicine.



John Knowles

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